

February is...  
**AMERICAN HEART MONTH**



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Source: U.S. Department of Health and Human Services

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



**GET THE FLU SHOT  
BEFORE THE FLU GETS YOU**  
Flu shot available now

For employee Flu Shot call Joan Walker, RN at ext. 3063

### Did you know?

Billions of dollars are spent every year in the U.S. on medications that reduce the risk of heart disease—the No.1 killer in Florida.

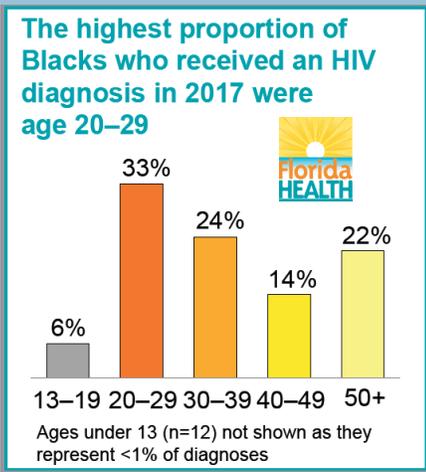
### In this Issue:

- American Heart Month
- National Black HIV/AIDS Awareness Month
- Heart Health Exercise Tips
- Couch to 5k
- Low Vision Awareness Month
- Healthy Eats
- Positive Healthy Habits

*enjoy!*



There are approximately 19,465 people living with HIV in Fort Lauderdale, Florida.



Blacks/African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those who have ever received an AIDS diagnosis, compared to other races/ethnicities. In 2016, African Americans accounted for 44% of HIV diagnoses, though they comprise 12% of the U.S. population. In all communities, lack of awareness of HIV status contributes to HIV risk. People who do not know they have HIV cannot take advantage of HIV care and treatment and may unknowingly pass HIV to others.

A number of challenges contribute to the higher rates of HIV infection among African Americans. The greater number of people living with HIV (prevalence) in African American communities and the tendency for African Americans to have sex with partners of the same race/ethnicity mean that African Americans face a greater risk of HIV infection. Stigma, fear, discrimination, and homophobia may place many African Americans at higher risk for HIV. Also, the poverty rate is higher among African Americans than other racial/ethnic groups. The socioeconomic issues associated with poverty—including limited access to high-quality health care, housing, and HIV prevention education—directly and indirectly increase the risk for HIV infection and affect the health of people living with and at risk for HIV. These factors may explain why African Americans have worse outcomes on the HIV continuum of care, including lower rates of linkage to care and viral suppression.

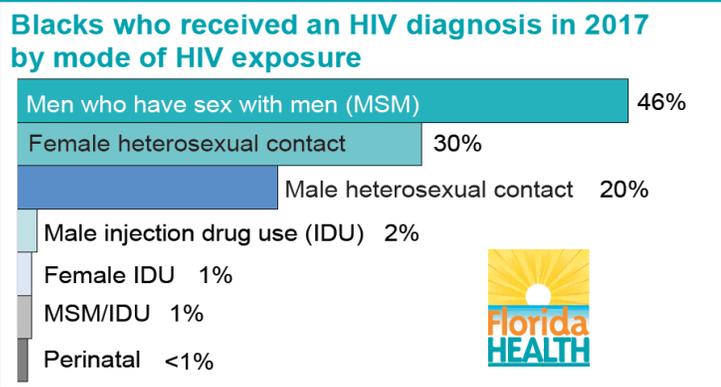
The CDC recommends that everyone between the age of 13 and 64 get tested for HIV at least once as part of their routine health care. Per Florida law, all pregnant women are to be tested for HIV and other sexually transmitted infections (STIs) at their initial prenatal care visit, again at 28–32 weeks and at labor and delivery if HIV status is unknown.

The Florida Department of Health is focusing on four key strategies to make an even greater impact on reducing HIV rates in Florida including:

- Routine screening for HIV and other sexually transmitted diseases (STDs) and implementation of the Centers for Disease Control and Prevention (CDC) testing guidelines;
- Increased testing among populations at increased risk for HIV and providing immediate access to treatment as well as re-engaging persons living with HIV (PLWH) into the care system, with the ultimate goal of getting PLWH to an undetectable viral load;
- The use of PrEP and nPEP as prevention strategies to reduce the risk of contracting HIV; To find a PrEP provider visit: [www.preplocator.org](http://www.preplocator.org); and
- Increased community outreach, engagement, and awareness about HIV, high-risk behaviors, the importance of knowing one’s status and if positive, quickly accessing and staying in treatment.

To find a care provider or to learn more about the resources available to persons living with HIV visit: [www.floridaaids.org](http://www.floridaaids.org)

Source: CDC, FL Department of Health, and HIV.org



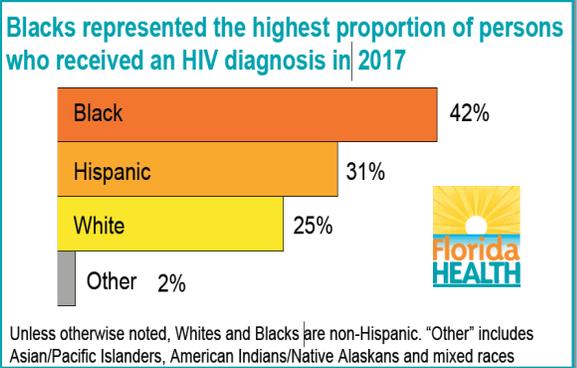
**What if there were a pill that could help prevent HIV?**

**There is.**

**Ask your doctor if PrEP is right for you.**

Pre-exposure prophylaxis: A daily pill to reduce risk of HIV infection

[www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html)



**53,333**

out of 116,944 (46%) persons living with an HIV diagnosis in Florida in 2017 were Black

**2,055**

out of 4,949 (42%) persons who received an HIV diagnosis in Florida in 2017 were Black

**1,015**

out of 2,044 (50%) persons who received an AIDS diagnosis in Florida in 2017 were Black



## Take These Heart Health Tips to Heart During American Heart Month



American Heart Association.  
Healthy for Good™

# How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



### Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



### Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



### Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



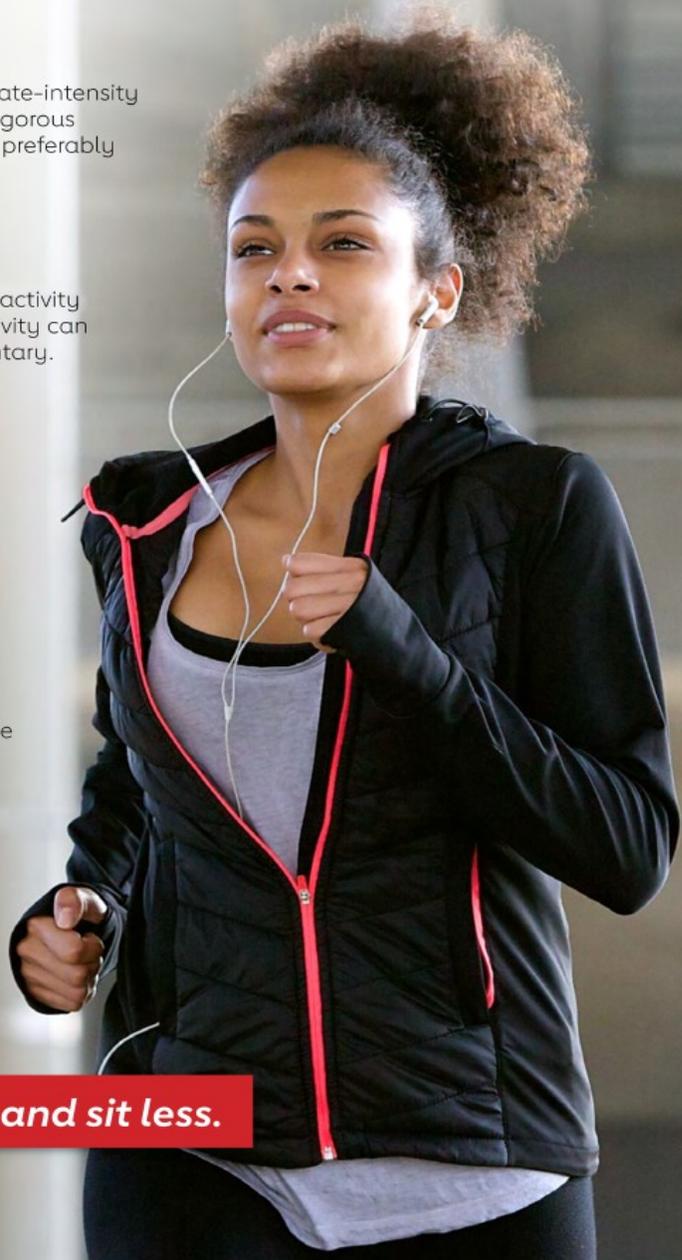
### Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



### Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



**Move more, with more intensity, and sit less.**

Find out how at [heart.org/movemore](https://heart.org/movemore).

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Please consult your healthcare provider before starting on any diet or exercise program.

# Are you ready to train for a 5k?

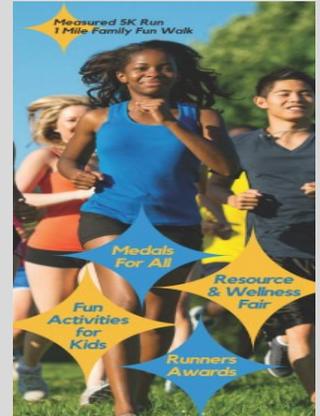
Even if running a mile sounds intimidating, you can still successfully complete a 5K. Think you could never run or even walk/run a 5K because of arthritis or nagging aches and pains? Think again. For some, those conditions don't necessarily mean you have to hang up your sneakers. In fact, running and walking may even put you on the fast track to feeling better. The beauty of signing up for a fitness challenge like a 5K is that you need very little to get started and you can train on your own and go from your couch to the finish line in no time.



Once you hit the pavement, don't push yourself too hard. Start slowly, and don't burn yourself out. The key is to finish every workout feeling challenged, but not exhausted or in pain.

Here are a few key items that will help you get to the finish line successfully and comfortably:

- **Shoes:** Even if you're a regular walker, you'll want to invest in a good pair of running shoes, because running puts more impact on different places on your foot. Try heading to your local running specialty store and let them measure your feet and watch you run and walk in a variety of shoes.
- **Sports bras:** It's best to select a high-impact bra to support your running efforts. Try on a variety of bras and find one that's comfortable, stays in place, and doesn't have any rough seams. It should fit more snugly than your everyday bra, but shouldn't constrict your breathing.
- **Tops and bottoms:** Wear whatever you feel comfortable in, whether that's tights, shorts, or even a running skirt with a tank or T-shirt on top. Just be sure to choose synthetic fabrics, which keeps moisture away from your skin to keep yourself cooler in hotter temperatures and warmer on chilly days. If your thighs rub, going with a compression short can reduce the risk of painful thigh chafing.
- **Running apps:** If you have a smart phone, there are a lot of great apps that can help you track your distance, average pace, and other stats.



If you need a little help getting motivated, sign up for the 2nd Annual Healthy Broward Run and Walk on Saturday, April 2, 2019 at Delevoe Park in Fort Lauderdale. Visit [www.healthybrowardrun.org](http://www.healthybrowardrun.org) to register and get more info. This might be the push you need to ensure that your training runs happen — and that you don't back out of the race at the last minute! Source: Everyday Health

**Please consult your healthcare provider before starting on any diet or exercise program.**

## February is Low Vision Awareness Month

If you have **VISION LOSS**, there is help.

Ask your doctor about vision rehabilitation.



With people in the United States living longer, eye diseases and vision loss have become major public health concerns. Currently, 4.2 million Americans ages 40 and older are visually impaired. By 2030, when the last baby boomers turn 65, this number is projected to reach 7.2 million, with 5 million having low vision.

Low vision is a visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medication, or surgery. Having low vision can make activities like reading, shopping, cooking, writing, and watching TV hard to do. In addition, the consequences of vision loss may leave people feeling anxious, helpless, and depressed.

Source: National Eye Institute

## What is low vision?

It is when—even with regular glasses, contact lenses, medicine, or surgery—people find everyday tasks difficult to do.

### What causes low vision?

Low vision is usually caused by—

- Eye diseases or health disorders
- Eye injuries
- Birth defects

### What are the numbers?

- **2.9** million Americans have low vision.
- Expected to increase 72 percent by 2030.
- Most people with low vision are 65 or older.

### What can I do?

- See an eye care professional.
- Learn about vision rehabilitation.
- Get a good support team—You, your primary eye care professional, a specialist in low vision, and your rehabilitation specialists.

### What is vision rehabilitation?

#### Vision rehabilitation services

- Services that help people make the most of their vision and keep their independence by teaching them how to—
- Move safely around the home.
- Carry out daily living skills safely.
- Find resources and support.
- Use magnifiers and other adaptive devices.

Source: National Eye Institute, 2013



Where can I learn more?  
Visit [www.nei.nih.gov/lowvision](http://www.nei.nih.gov/lowvision)

# HEALTHY EATS



## How to Eat a Heart Healthy Diet

A heart-healthy diet is simply a natural way to help reduce the risk of heart disease and improve overall health. It's a whole foods-friendly diet that features natural, unprocessed foods -- including loads of fresh veggies and fruit, lean proteins, and whole grains. You'll enjoy these foods while at the same time reducing or eliminating foods high in saturated fat, salt, and processed sugar.

### Ingredients

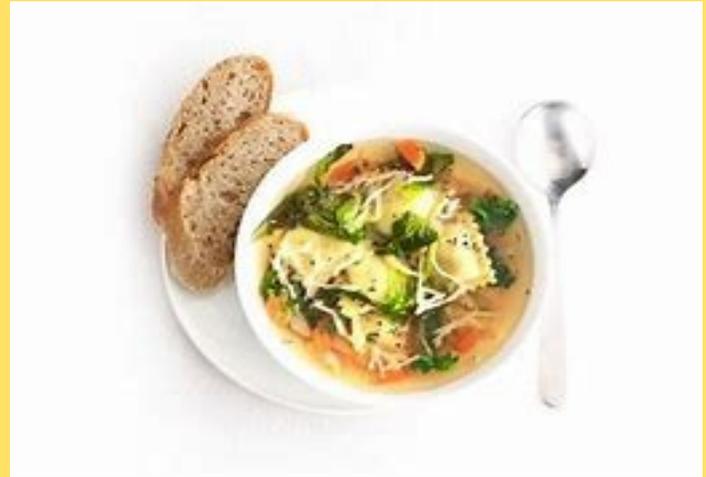
- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 3 medium carrots, halved lengthwise and sliced
- 3 stalks celery, sliced
- 1 teaspoon chopped fresh thyme
- 3 cups of water
- 2 cups fat-free low-sodium beef or vegetable broth
- 1 9-ounce package small cheese ravioli
- 1 small bunch escarole or 5 cups spinach, roughly chopped
- Kosher salt and freshly ground pepper
- 3 tablespoons grated parmesan cheese
- 8 slices whole-wheat baguette 1/4 cup olive oil

### Preparation (10 min) Cook (15 min)

- Heat the olive oil in a large pot over medium heat. Add the onion, carrots, celery and thyme and cook, stirring occasionally, until the vegetables begin to soften, about 4 minutes. Add the broth and 3 cups water and increase the heat to high. Cover and bring to a boil, then add the ravioli. Reduce the heat to medium and simmer until the ravioli are tender (see label for approximate cooking time).
- Add the escarole to the soup and cook, stirring, until wilted. Season with salt and pepper. Ladle the soup into bowls and sprinkle with the cheese. Serve with the bread.

Source: Food Network and American Heart Association

## Ravioli and Vegetable Soup



## Flavor your water with fruit and/or herbs!

Infused drinks add nutrients to your diet that can strengthen your immune system, boost your energy, kickstart your metabolism and help you maintain a healthy, hydrated body. Flavor twists motivate people to drink more water, which has plenty of its own health benefits. You can make infused water with virtually any ingredients, but here are some you can try at home. In a large clean jar/container put a few pieces of your favorite fruit and or herbs, fill it with water, place it in the fridge for an hour or more. Enjoy!

- Cucumber and citrus
- Blueberry and orange
- Grapefruit and rosemary
- Ginger and lime
- Strawberry, lemon, basil
- Strawberry, lime, cucumber
- Kiwi and cucumber
- Pineapple, mint and ginger



- |                        |            |
|------------------------|------------|
| Bell Pepper            | Papaya     |
| Broccoli               | Potato     |
| Cabbage                | Radish     |
| Carambola (star fruit) | Sweet Corn |
| Cauliflower            | Snap Bean  |
| Celery                 | Squash     |
| Eggplant               | Strawberry |
| Grapefruit             | Tomato     |
| Guava                  | Tangerine  |
| Lettuce                |            |
| Mushroom               |            |
| Orange                 |            |



# 10 Positive healthy habits you want to develop

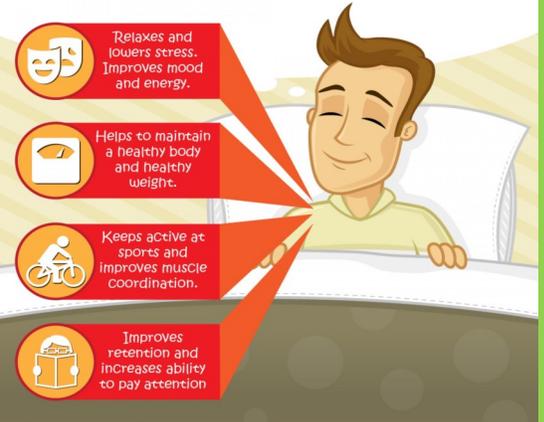


Chronic stress affects our health. Healthy habits can protect you from the harmful effects of stress.

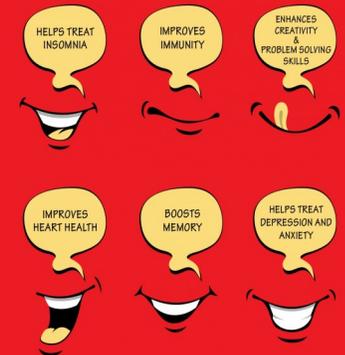
1. Talk with family and friends. A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys and ask them to share theirs.
2. Engage in daily physical activity. Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.
3. Embrace the things you are able to change. While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.
4. Remember to laugh. Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.
5. Give up the bad habits. Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.
6. Slow down. Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.
7. Get enough sleep. Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep and life in general.
8. Get organized. Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.
9. Practice giving back. Volunteer your time or spend time helping out a friend. Helping others helps you.
10. Try not to worry.

Source: [www.heart.org](http://www.heart.org)

## 4 Benefits of Sleeping Well



## HEALTH BENEFITS OF LAUGHTER



Organization isn't about perfection; it's about efficiency, reducing stress and clutter, saving time and money and improving your overall quality of life.

meetville.com

Christina Scalise

*good habits*  
**ARE AS**  
**ADDICTIVE**  
*as bad habits*  
BUT MUCH MORE REWARDING.

getflorida.tumblr.com



### Contact Us:

**Cynthia Dawes, RN,BSN** 954-467-4700 x 3012

**Nickey Lewin, DHS,MPH** 954-467-4700 x 4004